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MUCH MUCH MORE: HARD EVIDENCE

by Robert A. Monroe

We keep making the statement “You are more than your physical body”, but the only data available comes out of the mind and, therefore, is often suspect. It’s only an idea and can’t be proved. Through a series of circumstances beyond my control, I was forced some five years ago to go back and uncover a “basic” that I had overlooked. It seems that I couldn’t do and be what I wanted and needed until I did. Just previously, we had traveled to London and Paris to give several lectures and make some TV appearances. In visiting historic old stone buildings in London, I became very sad when I went near them—so sad that I actually became ill. We finally cut short our visit there and went on to Paris. The same reaction occurred in Paris when we went sightseeing. I was bewildered and we left for home ahead of schedule.

In searching for the missing “basic,” I found it to be the many previous life personalities/experiences that make up what I am, numbering in the hundreds, perhaps thousands. What I am is a melding of several of such personalities most appropriate for a twentieth-century existence. It was difficult for me to accept this reality, as I had been singularly disinterested in such things as reincarnation and karma.

In my internal search, I found out about the London and Paris mystery. It seems I was a builder-architect in London during the twelfth century, and complained so much about the callous loss of lives during construction that I had to flee for my life to Paris. The same took place there, only I didn’t get away. The king had me guillotined because I refused to work on his pet project. When I tried to find my name in that era, there was only an emphatic response: “You were you!”

Then, last summer, my conservative younger brother went on a vacation in Scotland. He visited The Munro Fields and Castle, the point of origin of the Munro clan, took some pictures, and returned home. I didn’t even know such a place existed. He didn’t mention it to me because he didn’t think I would be interested—until he received a letter from the Institute in November showing the newly constructed east wing tower on our Center building. He quickly made copies of the photographs and sent them to us. The pictures showed a tower attached to the castle with nearly identical dimensions to our tower; octagonal, built halfway into the side of the building just as ours, same roof pitch, even with the same wrought-iron fencing.

Who built the Munro Tower? Clan records show it was Donald Munro and his son, Robert Munro. (I was II!) When? In the mid-twelfth century. You just can’t keep them down on the farm.

[Excerpted from the manuscript of Ultimate Journey.]

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